

The Study of Risk Factors for Coronary Artery Disease in Patients with STEMI and Its Relation to Referral Time

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Background and objective: In the last decade, cardiovascular diseases has been recognized as the leading cause of death in the world as a global epidemic and the most common causes of mortality in the country. The aim of this study was to investigate the risk factors of coronary artery disease in patients with STEMI and its relationship with referral time.

Materials and methods: The research method is a cross-sectional and analytical-descriptive study.

The research sample included 188 patients with diagnosis of acute myocardial infarction with ST elevation, which had been referred to the Emergency Department of Imam Khomeini Hospital in Ardabil from the beginning of September 2016 to the end of September 2017. Data collection was done by using the information in the patients' files, the corresponding Cath lab form and a questionnaire by interviewing themselves and patients' companions and were recorded in the relevant checklist. The data were analyzed using descriptive statistics and correlation tests with SPSSV22 software.

Results: The most common risk factor among patients was smoking (54.7%). The most frequent cases were combined overweight and smoking, followed by high blood pressure and smoking. 6.3% of patients did not have any risk factors for coronary heart disease. Also, there was no significant relationship between coronary risk factors and referral time. There was no significant difference between the subjects in relation to the previous ($p = 0.78$) and familial ($p = 0.49$) myocardial history of myocardial infarction and referral time.

Discussion and conclusion: According to the findings, awareness of the risks of smoking and the promotion of healthy lifestyle can reduce the incidence of heart disease.

Keywords: myocardial infarction, risk factors, referral time